

Brief Curriculum Overview

EYFS: We learn about things that make us unique and about our families. We discuss a range of families, including opposite and same sex partnerships, single parent families and combined families. We learn about this through stories, puppets, and class discussions.

Y1: We learn more about families and how each one is different. We talk about different ways that they care for us. We learn about ways we have changed from birth to now.

Y2: We learn more about similarities and differences and talk about our bodies. We learn the scientific names for male and female genitalia.

Y3: We build upon the knowledge taught in Y2 and weave this into our science curriculum. Pupils learn about the way we grow and change throughout the human lifecycle. We identify changes throughout the human life cycle and identify that change is ongoing throughout life.

Y4: We build on our prior knowledge about body parts and learn how our bodies change during puberty. We identify some changes, including getting spots, hair growth, menstruation and wet dreams.

Y5: Where appropriate, we revisit the content in Y4 and embed understanding related to changes during puberty.

Y6: We build on our knowledge and understanding about puberty and discuss the emotional changes that we experience. We discuss ways to manage our physical and mental health in relation to these changes. We learn about intimate relationships and conception. We discuss what a good age for this change is and what responsibilities are needed.

For more detailed information, please see our [RSHE policy](#).

Who to speak to...

The following members of staff can support with questions and concerns around our RSHE curriculum:



Miss Emery
PSHE Leader
Mentor



Miss Odor
Curriculum Lead



Mrs Hart
Learning



Relationships, Sex and Health Education



Families will always be consulted on any changes made to this curriculum, and feedback is always welcomed to make sure we give the best education for our children.

Any parent or pupil wishing to provide feedback about the curriculum can do so at any time during the academic year by organising a meeting with our PSHE Leader or by submitting written feedback, handed to the office marked 'for the attention of the PSHE leader'.

Family Guide

Relationships, Sex and Health Education

An overview

We want all children to grow up healthy, happy, safe and able to manage the challenges and opportunities of modern Britain. That is why, from Summer 2021, all primary age children will be taught Relationships, Health and Sex Education.

These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships, as well as preparing them for a successful adult life.

The world for all young people looks very different from the way it did 20 years ago when this curriculum was last updated – these changes bring the content into the 21st century, so that it is relevant for you child.

To support us in achieving this, we use the Leeds agreed 'You, me and PSHE' scheme of work, adapted to meet the needs of our children.

While in Primary, sex education is non-statutory (does not legally need to be taught), we follow the PSHE Association guidance that pupils should be taught the links between puberty and conception, and how this process works in order to create a baby.

What all children must be taught:

The government have released a guide of what must be taught before children leave primary school.

Relationships Education

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online.

Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child's school will cover how to treat each other with kindness, consideration and respect.

By the end of primary school, pupils will have been taught content on:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

You can find further detail by searching 'relationships and health education' on GOV.UK.

Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.



By the end of primary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

You can find further detail by searching 'relationships and health education' on GOV.UK.

What do I do if I am unsure about my child joining planned learning?

If you have any questions about any curriculum content, please arrange to discuss this with Miss Emery (PSHE Leader). After the discussion, if you remain concerned, please arrange to speak to our Head Teacher, Miss Quarmby, to discuss withdrawing your child.

We feel that discussing your concerns ensures that your child receives the best education. If appropriate, your child will be offered alternative education around PSHE themes that they are less secure with in this time.

Where can I find more information?

There is lots of supportive information for parents available. Some links are listed below:

FAQs around RSHE

<https://www.gov.uk/government/news/relationships-education-relationships-and-sex-education-rse-and-health-education-faqs>

NSPCC – PANTS

A useful resource for children from EYFS to begin to understand privacy and consent.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

Consent Video

Explanatory video that opens up a discussion about consent

<https://www.youtube.com/watch?v=h3nhM9ULjic>

BIG TALK Education

A supportive site for parents and schools in talking about relationships and sex.

<https://www.bigtalkeducation.co.uk>